

EAT WELL, AGE WELL. WAYS TO MINIMIZE FOOD WASTE

Minimize Food Waste

One great way to minimize food waste is by utilizing local farmers markets. By buying local produce, it is easy to buy what you need without getting too much.

Shopping at farmers markets is also convenient because if you have multiple markets nearby, you can buy specifically for only a few days at a time. Buying in small portions minimizes the risk of food going bad before you can eat it!

According to Rubiconglobal.com, **food waste accounts for 8% of global emissions, making it a significant contributor to climate**

Everything but the Kitchen Sink Soup

Ingredients:

- 1 c. cooked lentils
- 1/2 cup chopped celery
- 1/2 cup chopped carrots
- 1/2 cup stewed tomatoes
- 1 cup kale or spinach
- Olive oil
- 1/2 clove garlic, minced
- 1 1/2 cup rice
- 4–6 c. chicken or vegetable broth
- 1 tsp. sea salt
- black pepper (to taste)
- 2 tsp cumin
- 2 tsp turmeric
- 1 tbsp paprika

Directions:

1. In a large pot, sauté garlic, celery, carrots, and onion in oil until tender. Stir in spinach/kale until slightly cooked.
2. Drain water from lentils and add lentils to vegetable mixture. Pour in broth and rice and bring to a boil then lower temperature down and simmer for 20-30 minutes until rice and lentils are almost cooked.
3. Next, Add in tomatoes, spinach/kale, the rest of your herbs/spices. Simmer for 15-20 minutes more. Top with Parmesan Cheese and serve.

Note: If you want it thicker, keep the broth to 4 cups, if you want it thinner, add more broth or water.

Recipe adapted from cattercrunch.com

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Easy Ways to Minimize Food Waste

Minimizing food waste is important because it helps conserve space in our landfills and reduces the need to build more. By reducing food waste, we also conserve our resources.

Easy ways to minimize food waste are:

- Not over-serving food when serving others or yourself
- Saving and eating the leftovers
- Storing food in the right places and containers
- Avoiding clutter in your fridge, freezer, and pantry
- Donating to food banks and farms
- Canning and pickling produce
- Composting foods

“Hobo” Wrap: Serves 2



Photo Courtesy of Pixabay.com

Ingredients:

- 1/2 lb. lean ground beef
- 2 medium potatoes
- 1 small onion, peeled and sliced
- 2 medium carrots, peeled and sliced
- Salt and pepper or salt-free seasoning of your choice
- Garlic powder
- Olive oil, optional
- Sour Cream, optional

Directions

1. Lay out 2 sheets of tin foil.
2. Slice onion into thin slices.
3. Shape the ground beef into two hamburger patties.
4. Layer the patties on top of the onions.
5. Place the sliced potatoes on top of the burger and onion.
6. Slice the carrots and layer them next.
7. Add desired seasonings and oil if desired.
8. Fold and seal the pouches of tin foil.
9. Bake at 350 degrees for 20 to 30 minutes.
10. Top with sour cream if you like.

Tip: Try making this recipe with any vegetables that you may have laying around that need to be used up!

Recipe adapted from: Rada Cutlery Blog

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Avoid Food Waste

Food waste can be a problem, not only for environmental reasons, but it can also end up costing you more money. The Environmental Protection Agency lists several of these advantages for eliminating food waste:

- Save money
- Reduce methane emissions by keeping food out of landfills
- Conserve energy and resources used to grow, manufacture, transport, and sell more food than is needed.
- Support those in need by donating unneeded food products

Some ways to avoid food waste are:

- Shop in your fridge first to see what may be “recycled” into another meal.
- Prepare produce ahead of time so it’s ready to eat when you want it.
- Have designated nights at home for eating leftovers.

For more tips and info visit:

<https://www.epa.gov/recycle/reducing-wasted-food-home>

Must-have pantry staples, such as pasta, are excellent to have on hand when your short on time and/or energy. However, sometimes you can find yourself with an over-abundance.

Try this delicious recipe if you find your fridge or pantry overflowing with pasta.

Spaghetti Frittata

(Serving Size: 3)

Ingredients

- 4 oz uncooked spaghetti* or 2 cups cooked spaghetti
- ½ Tbsp extra-virgin olive oil
- 2 large eggs
- ¼ cup low-fat milk
- ¼ cup broccoli**, chopped small
- ¼ cup tomato**, diced
- ¼ cup fresh grated or shredded, packaged parmesan cheese
- 1 Tbsp Italian seasoning
- Salt to taste

*Equal amounts of a different, preferred pasta will work.

**Use any desired vegetable(s). This is another great way to recycle leftovers!

Cooking Method

1. Preheat the oven to 350 degrees
2. If using uncooked spaghetti, cook in a large pot of boiling water according to package directions.
3. Lightly steam the broccoli by placing it in a microwave safe bowl, filling it with about a ¼ inch of water, covering it with a paper towel or plate, and microwaving it for 3 minutes. Uncover and set aside.
4. In a bowl, beat the eggs and mix with the milk. Stir in drained broccoli, tomatoes, parmesan, Italian seasoning, and salt. Add the spaghetti.
5. Spread the oil in a medium non-stick, ovenproof skillet to coat it and place over medium heat. Pour and spread the egg mixture in the pan. Let cook for about 3-4 minutes. Finish in the oven for another 3-4 minutes.
6. Refrigerate leftovers

Recipe adapted from eatingwell.com

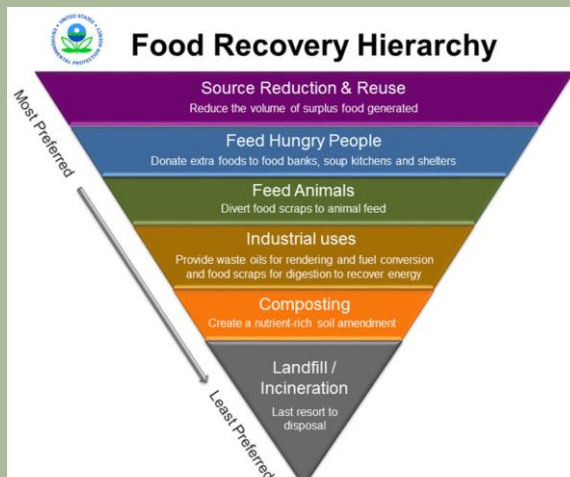
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Facts about Food Waste

People tend to buy more food than what they use. Instead of using food in a timely manner, people pitch it once it goes bad.

Food waste wastes money. Food takes money to grow, manufacture, transport, and sell. If it does not get bought/eaten, its all a waste.

Believe it or not **food waste is the third largest emitter of greenhouse gases.** This is due to the food decomposing without access to oxygen. ***It releases methane which is 23x more deadly than carbon monoxide.***



Greek Yogurt Zucchini Bread (serving: 1 loaf)



Ingredients

- 1/3 cup vegetable oil
- 1/3 cup brown sugar
- 1 large egg
- 1/2 cup plain Greek yogurt
- 1 1/2 tsp. pure vanilla extract
- 1 1/2 cup all-purpose flour
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. ground cinnamon
- 1 cup shredded zucchini
- **OPTIONAL:** orange zest, walnuts, raisins, chocolate chips

Directions

1. Preheat oven to 350F and grease a 9x5" loaf pan
2. In a medium bowl, whisk wet ingredients. In a large bowl whisk dry ingredients. Pour wet ingredients into the large bowl and mix with a wooden spoon/rubber spatula. Fold in zucchini and optional ingredients.
3. Spread batter into pan. Bake for 40-50 minutes. The bread is done when a toothpick comes out clean.
4. Remove bread from oven and set on a wire rack to cool.

Recipe adapted from: HuffPost Food and Drink

Nutrition Information

Calories	1564
Total Fat	80.9 g
Saturated Fat	6.8 g
Sodium	1864 mg
Fiber	14.1 g
Total Sugars	8 g
Protein	34.6 g